



# THE BEACON

## MAY 2003

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### May Events

#### *Military Spouse Appreciation Month*

|        |                  |
|--------|------------------|
| May 10 | Mother's Day     |
| 17     | Armed Forces Day |
| 26     | Memorial Day     |

### NEW HOURS AT THE FFSC

FFSC's new hours are 0630 to 1700, Monday –Thursday and 0730 to 1600 on Friday.

### SUPPORT OUR TROOPS

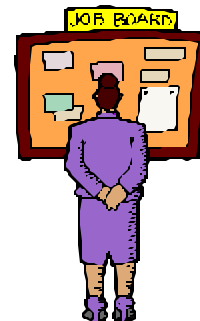


### Spouse Employment Assistance Program

For Years the Fleet and Family Support Center has been helped military spouses make their career dreams come true despite frequent relocations associated with a military lifestyle. The Spouse Employment Assistance Program (SEAP) offers a number of resources for military spouses, including skills assessment, career planning, resume writing, interview preparation, and networking opportunities.

#### We can help you:

- Map out career strategies
- Strengthen your resume
- Improve interviewing skills
- Develop your abilities
- Explore the job market



The Navy is constantly searching for new opportunities to improve the quality of life for mobile military spouses and their families. Through partnerships with international companies and government agencies, the Spouse Employment Assistance Program now offers military spouses expanded job benefits and stability.

The Adecco program is a human resource and staffing company, which can provide military spouses with the following:

- Actual jobs as opposed to referral for interviews
- The opportunity to become permanent employee of Adecco, which has offices worldwide
- Vacation time
- 401K savings plan
- Continuing career advancement
- Seniority benefits

SEAP offers several classes and one-on-one appointments to assist with job hunting. For more information, call Yonna Diggs at 452-5990, ext 125.

Registration for classes is required. To register, call 452-5990, ext. 104.

## FINANCIAL EDUCATION

### Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio.

### Credit Management

Planning to make a major purchase or just curious about your credit? Your credit reports your financial history and should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major credit bureaus, and prevent identity theft.

### Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull into the dealer's lot. This class will help in finding the right way to purchase your next automobile.

### REDUX and the \$30,000 Bonus

Service members, who joined after 31 July 1986 and reach their 15th year of service, have options to consider. Be informed.

## RELOCATION ASSISTANCE

### Sponsor Training

The Command Coordinator assigns a sponsor to new arrivals and their families. Sponsorship is an important responsibility and your efforts can make a difference in the transition to a new command. This class provides information for this role.

### Smooth Move

If you are moving soon, you do not want to miss this informative workshop. Topics discussed include Household Goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about changes to your PCS entitlements!

### Cultural Adaptation

Avoid culture shock after you arrive at your new overseas duty station!! Learn what is and what is not acceptable in the country. Bring your spouse along to this one-on-one session.

## GENERAL LIFE SKILLS

### Anger Management

How is anger affecting you and/or your relationships? This three hour workshop will illustrate the differences between anger, assertiveness, stress, and aggression. You will also learn general skills and practical techniques for managing anger.

### Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier, and healthier.

## TRANSITION ASSISTANCE

### Transition Assistance Program

A four-day veterans' benefit information and employability skills seminar for retiring and separating military members and their spouses. Reservations must be made through your Career Counselor.

### Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills.

### Starting Your Own Business

The Small Business Development Center, along with the University of West Florida, is offering a monthly series of workshops about starting your own business. A different topic will be explored each month.

## SPOUSE EMPLOYMENT

### Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself to find a better job. This class is a three part series that includes skills assessment, resume building, marketing tools, and assistance in achieving a competitive edge in today's job market.

### Spouse Employment Intake

This is a group intake that is designed to assist the military spouse in gaining a better understanding of the local job market. It includes information on federal job hunting, resume writing and volunteering. If you have a resume, please bring it with you.

## PARENTING

### Positive Parenting

Being an effective parent is one of the most rewarding tasks in life and is one of the most challenging. STEP (Systematic Training for Effective Parenting) provides a practical approach to raising children. This class will guide you to a philosophy of child training that more than three million parents have found to be effective.



### Moms Reaching Out To Cope

This is a support group for expecting and new parents. Group discussions are encouraged on issues you may be dealing with. Our knowledgeable staff helps you cope with and provides answers to common parenting questions and provides support with the relationship issues. Parents are encouraged to bring their children.

### Solo Parenting and Raising Kids Successfully (SPARKS)

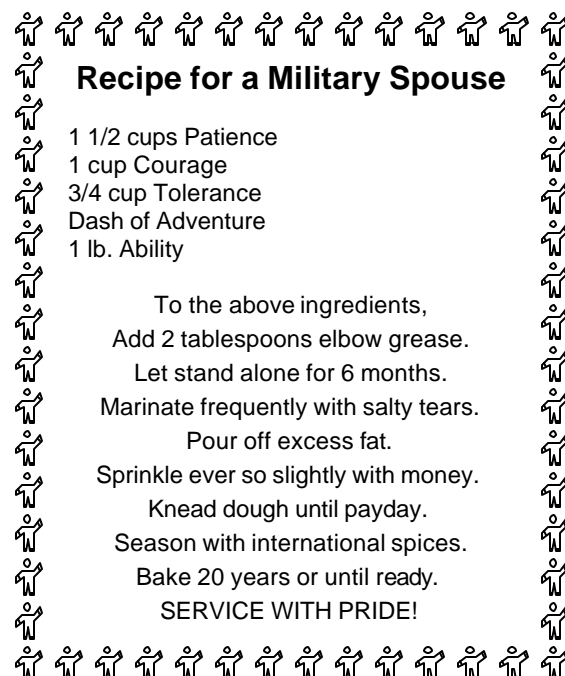
Are you sailing the ship of solo parenting? This support group is for single parents and relates to the difficult issues of raising a child alone. Please join us for a lot of fun and meet other single parents in the area.

# May 2003

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| Celebrate Armed Forces Day.<br>17 May 2003   |   |   | <b>1</b><br><br>SPARKS<br>1630—1800  | <b>2</b>  |
| <b>5</b><br><br>Brown Bagger<br>Workshop for<br>Financial Planning<br>1100—1200  | <b>6</b><br><br>Transition Assistance<br>Program (1 of 4)<br>0800—1600<br><br>Spouse Employment<br>Workshop at Night<br>1730—2030 | <b>7</b><br><br>Transition Assistance<br>Program (2 of 4)<br>0800—1600<br><br>Smooth Move<br>0900—1100<br><br>Positive Parenting<br>(3 of 6)<br>1300—1500<br><br>Anger Management<br>0900—1200       | <b>8</b><br><br>Transition Assistance<br>Program (3 of 4)<br>0800—1600<br><br>TAP Job Fair<br>0900—1330<br><br>Parents ROTC<br>1530—1700 | <b>9</b><br><br>Transition Assistance<br>Program (4 of 4)<br>0800—1600<br><br>Divorce Workshop<br>1000—1100 |
| <b>12</b><br><br>Credit Crunch for<br>Lunch Bunch<br>1100—1200<br><br>Ombudsman Training<br>(1 of 4)<br>0830—1600                      | <b>13</b><br><br>Ombudsman Training<br>(2 of 4)<br>0830—1600  | <b>14</b><br><br>Resume Writing<br>0900—1100<br><br>Positive Parenting<br>(4 of 6)<br>1300—1500<br><br>Starting Your<br>Own Business<br>1300—1500<br><br>Ombudsman Training<br>(3 of 4)<br>0830—1600 | <b>15</b><br><br>Ombudsman Training<br>(4 of 4)<br>0830—1600<br><br>SPARKS<br>1630—1800  | <b>16</b><br><br>Stress Management<br>0900—1100   |
| <b>19</b>  | <b>20</b><br><br>New Spouse Orientation<br>0800—1200<br><br>Career Life Planning<br>(1 of 3)<br>1730—2100                         | <b>21</b><br><br>Positive Parenting<br>(5 of 6)<br>1300—1500<br>Career Life Planning<br>(2 of 3)<br>1730—2100  | <b>22</b><br><br>Parents ROTC<br>1530—1700<br><br>Career Life Planning<br>(3 of 3)<br>1730—2100  | <b>23</b><br><br>Divorce Workshop<br>1000—1100  |
| <b>26</b><br><br><br><b>FFSC will be<br/>closed</b> | <b>27</b><br><br>Car Buying Workshop<br>1100—1200<br><br>Spouse Employment<br>Workshop<br>0830—1100                               | <b>28</b><br><br>Positive Parenting<br>(6 of 6)<br>1300—1500   | <b>29</b><br><br>SAVI Advocate<br>Training<br>1400   | <b>30</b>   |

## Military Spouse Appreciation Month

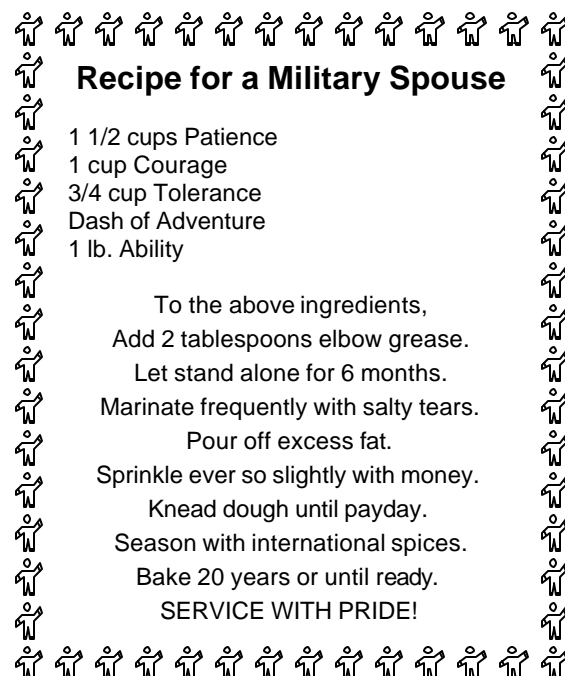
Military spouses are a unique breed. They are faced with frequent moves, finding new jobs and establishing new support networks. Many times they have to sacrifice their own needs in order to support the military member. Military spouses must be extremely adaptable and resilient. They are asked to endure separations, relocate their families and often become head-of household for extended amounts of time while the service member is away on deployments. The military spouse must find strength to endure all of these challenges that come with the military lifestyle. The FFSC extends its support and appreciation to all military spouses for their endurance, patience, and commitment to maintaining a military lifestyle.



### Recipe for a Military Spouse

1 1/2 cups Patience  
 1 cup Courage  
 3/4 cup Tolerance  
 Dash of Adventure  
 1 lb. Ability

To the above ingredients,  
 Add 2 tablespoons elbow grease.  
 Let stand alone for 6 months.  
 Marinate frequently with salty tears.  
 Pour off excess fat.  
 Sprinkle ever so slightly with money.  
 Knead dough until payday.  
 Season with international spices.  
 Bake 20 years or until ready.  
**SERVICE WITH PRIDE!**



## NEW SPOUSE ORIENTATION

Fleet & Family Support Center is committed to assisting and helping our spouses. To do this, we are offering a new program called "New Spouse Orientation".

This program will consist of speakers with information about FFSC, TriCare, MWR, Commissary, Navy Exchange, Navy Relief, Red Cross, Security, Housing and other areas as needed. We will also have information on Deers and Pay/Allowances. Free childcare is available at the Child Development Center (CDC) for your child if all of the CDC requirement are meet. Call the FFSC at 452-5990 ext. 0 to sign up for the class.



### HAIL

The Fleet and Family Support Center welcomes the following to our staff:

Rose Slay—New Parent Support  
 Judi Allen-Jewell—New Parent Support  
 Shelia McNeely—Relocation  
 Desiree Fields—Victim Advocate

### VOLUNTEERS NEEDED

Retired Activities Office (RAO)

The RAO office is located in the FFSC. Established by SECNAV directive, the RAO is staffed by retirees (all volunteer), trained to assist retirees of all branches, their families and survivors. Only a few volunteer hours per month will provide a great service to the retired community. For more information, call 452-5990, ext. 111.

## NAVAL AIR STATION, PENSACOLA FLEET AND FAMILY SUPPORT CENTER STAFF

|                             |                          |                             |                                 |
|-----------------------------|--------------------------|-----------------------------|---------------------------------|
| Bobbie Simpkins, ext. 142   | Regional Director        | Jim Gordon, ext. 110        | Counselor                       |
| Pat Gibbs, ext. 141         | Management Assistant     | Jeanine DeCuir, ext. 105    | Counselor                       |
| Sandy Smith, ext. 136       | Programs Coordinator     | Mike Reynolds, ext. 106     | Counselor                       |
| Floyd Steiner, ext. 104     | Information and Referral | Phyllis Hain, ext. 109      | SAVI Coordinator                |
| John Kramer, ext. 101       | Front Desk Receptionist  | Judi Allen-Jewell, ext. 144 | New Parent Support Team         |
| Terry Harris, ext. 132      | Financial Education      | Rose Slay, ext. 130         | New Parent Support Team         |
| Michael Brady, ext. 112     | Family Advocacy Rep.     | Lee Wheaton, ext. 131       | New Parent Support / Newsletter |
| Lori Landau, ext. 115       | FAP Administration       | J.R. Welcome, ext. 127      | TAMP Manager                    |
| Ronni Price, ext. 117       | FAP Counselor            | Jeff Bernard, ext. 128      | Transition                      |
| Alice Pearson, ext. 116     | FAP Counselor            | Rudy Ramos, ext. 129        | Transition                      |
| Gracie Hargraves, ext. 120  | FAP Counselor            | Kathy Sims, ext. 124        | Relocation                      |
| Shawn Fitzpatrick, ext. 119 | FAP Counselor            | Jean Hynes, ext. 123        | Relocation                      |
| Garland Hill, ext. 121      | FAP Counselor            | Shelia McNeely, ext. 149    | Relocation                      |
| Jimmy Williams, ext. 114    | FAP Child Specialist     | Yonna Diggs, ext. 125       | Spouse Employment               |
| Lucie Easley, ext. 114      | FAP Child Specialist     | Dee Karling, ext. 137       | PREVENT                         |
| Desiree Fields, ext. 107    | Victim Advocate          | Susan Frishkorn, ext. 134   | AMVETS Services Officer         |
| Sylvia Starling, ext. 113   | Counselor                | Dennis J. Kerr, ext. 111    | Retired Activities Coordinator  |

***Fleet and Family Support Center, Building 625, Naval Air Station, Pensacola***  
***Phone: (850) 452-5990, DSN 922-5990***  
***Hours: 0630 to 1700, Monday - Thursday and 0730—1600, Friday***

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### OMBUDSMAN TRAINING

The Fleet and Family Support Center is sponsoring Ombudsman Basic Training, May 12-15. This training is designed to assist the new Ombudsman with the challenges that are required to perform the duties of their position.

The class will be conducted from 0830 to 1600 on each day. The participants should be prepared to have lunch on their own.

If you would like to sign up your Ombudsman for this training, please contact Sandy Smith at (850) 452-5990 ext. 136.

Thanks for your support of the Ombudsman Program, the FFSC looks forward to working with you and your Ombudsman.



"Happy Mother's Day" means more  
 Than have a happy day.  
 Within those words lie lots of things  
 We never get to say.  
 It means I love you first of all,  
 Then thanks for all you do.  
 It means you mean a lot to me,  
 And that I honor you.  
 But most of all, I guess it means  
 That I am thinking of  
 Your happiness on this, your day,  
 With pleasure and with love.